

## Motivational Interviewing

### Reflections Practice – Employment

1. *"If I didn't have to come and talk with you, I'd be just fine. This is a waste of time."*

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2. *"I don't want some dead-end labor job that just pays minimum wage. How do you expect me to live on that? I need a decent job and I need it now!"*

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3. *"I was told that if I talked to you that you would get me a job."*

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4. *"I don't have a problem getting along with people; other people have a problem with me."*

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5. *"What 's the point of applying for more jobs? I never get called for an interview, so it's a giant waste of my time."*

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6. *"So what are you going to do for me that some other state agency hasn't already tried?"*

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7. *"That's easy for you – you don't live my life, you don't have my disability, you don't know what it is like to be me."*

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8. *"I just want my life to be how it used to be."*

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9. *"I have a hard time getting out of bed. I know I'm depressed, but I really don't care anymore."*

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10. *"How am I supposed to be able to go to work if I can't afford daycare for my kids or transportation?"*

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